Here's how it can be used to remember the elements of the Bill of Rights.

"A *religious speech* was *printed* on the *arms* of *soldiers outside* my *house* which they wanted to *search*, thinking there was a *grand jury* inside."

Sounds crazy? Well, the more absurd the saying, the easier it is to recall later. That crazy little story was obtained by using key parts of the first five Amendments to the Constitution:

1st Amendment -	freedom of religion, speech and press
2nd Amendment -	the right to bear arms
3rd Amendment -	no soldiers quartered inside homes
4th Amendment -	search and seizure
5th Amendment -	right to a grand jury

Here's another example of how to remember related words, such as the parts of a flower:

"Mr. *Stigma* shot a pink *anther* with a *pistil* while Miss *Sepal* fixed the *stem* of her bicycle *petal*."

(4) Use "key" words which you've already memorized and tie them to things you want to recall.

For example, we can all recite the alphabet and use it to help us recall up to 26 unrelated thoughts. Carried a step further, by establishing a certain word for each letter ("Ape" for A, "Bee" for B, "Sea" for C, "Deep" for D, etc.) we can use these "key" words to form a story for even better recall.

My favorite system is associating a word for each number. I still use the same words which I memorized years ago. For me the number 1 is won, 2 is pair, 3 is tree, 4 is star, 5 is foot, 6 is 6-pack, 7 is 7up, 8 is ate, 9 is 9-iron, and 10 is tent.

Once memorized, I can link these words to a list of unrelated words, in order to recall each one, after glancing at them for no more than 10 to 15 seconds. Consider the following list:

MY KEY WORD	WORD TO MEMORIZE	HOW I ASSOCIATE
1. WON	PIN	I won a pin.
2. PAIR	SUNGLASSES	A pair of sunglasses.
3. TREE	MONKEY	Monkey up a tree.
4. STAR	MOVIE	Movie star.
5. FOOT	PENCIL	A five foot long pencil.
6. 6-PACK	SQUIRREL	6-pack of squirrels.
7. 7UP	HAT	Hat full of 7up.
8. ATE	CAT	Ate a cat for supper.
9. 9-IRON	TRUMPET	Trumpet shaped like a 9-iron.
10. TENT	PIZZA	Tent made of pizzas.